



NORTHERN STAR

Helsinki, the archipelago capital of the world's happiest country, is a melting pot of design, culture and gastronomy | 赫爾辛基，全球最快樂國家的群島首都，是集合設計、文化和美食的大融爐。

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In 2019, Finland was named the world's happiest country by the Happiness Research Institute for the second year running. For Finns, living a good life is considered essential, to the point that there's a famous Finnish saying: "Build the sauna, then the house."

Helsinki, its archipelago capital city made up of 330 islands and 130km of stunning coastline, has thrived in its pursuit of excellence in design, contemporary arts and urban planning since being named the World Design Capital in 2012. There is a renewed waterfront, renovated museums and revived industrial spaces. Fuelled by local creatives, there's also a blossoming coffee, music and Nordic food scene. All of this – plus easy access to beaches and islands – make it an irresistible place to visit.

VISIT

Design is a state of mind in Helsinki and it's celebrated year-round. Within the Design District you will find the famed Design Museum with more than 200 boutiques, ateliers, museums, galleries and cafes in the area. The National Museum, Steven Holl's futuristic Museum of Contemporary Art and the new city library Oodi sit nearby in central avenue Mannerheimintie.

Just a short stroll away, a treat awaits fans of Alvar Aalto, who established his distinctly Nordic aesthetic here in the 1920s. His Finlandia Hall dazzles with its white Carrara marble rising from the ground like a monolithic cruise liner; the Aalto House in Munkkiniemi, the family home and studio where he lived until his death in 1976, is a must-visit.

A little further along, you'll find Amos Rex, the new underground museum in Kamppi, with its striking architecture, contemporary exhibitions, and curvaceously contoured makeover of the adjacent public square with bars and cafes serving as the roof of the art gallery.

For design aficionados, check out the magnificent Carl Ludvig Engel Helsinki Cathedral and Temppeliaukio Church in Etu-Töölö, often referred to as "the rock church", which is magnificently built into granite with a giant disc of copper wire and 80 windows letting the light stream in over the rugged rock walls.



CROWN JEWEL
The Tanzanian coastal region of Zanzibar has become a beach paradise replete with vibrant culture and

珍貴小島
桑給巴爾島的坦桑尼亞海岸地區充滿精彩文化與出色美景，成了沙灘玩樂。

2019年，芬蘭再次被幸福研究所 (Happiness Research Institute) 獲選為全球最快樂國家。對於芬蘭人來說，好生活是必不可少的東西，當地更有一句俗語：「先有桑拿才有家。」

赫爾辛基，這個首都由330個大小島嶼組成，擁有130公里長的迷人海岸線。自2012年被名為世界設計首都後，赫爾辛基一直在設計、當代藝術和城市規劃的追求上茁壯成長。小城不斷變化，過去幾年翻新了海濱區、重整了博物館和工業區。當地的創意力量是變革的推動力，而首都的咖啡、音樂和北歐飲食業也越見蓬勃。除此之外，大小海灘和島嶼也只是數步之遙，如此種種讓赫爾辛基成為了難以抗拒的旅遊勝地。

參觀

設計是赫爾辛基的靈魂，一年到頭也是個設計嘉年華。設計城區中不但能找到有名的設計博物館，還有超過200家店鋪、工作室、博物館、畫廊和咖啡店。國立博物館、Steven Holl充滿未來感的當代藝術博物館和位於旁邊市中心Mannerheimintie大道的全新市立圖書館Oodi。

Alvar Aalto粉絲的朝聖地就在不遠處，作為北歐設計大師，Aalto自20年代起，就在當地建立起他獨特的北歐美學。他操刀的芬蘭地亞廳，白閃閃的意大利卡拉拉雲石拔地而起，就如一艘巨大的遊輪；位於Munkkiniemi的Aalto House，是大師生前的居所和工作室（Aalto於1976年逝世），是粉絲不能錯過的景點。

再遠一點，來到Kamppi就會找到全新地下博物館Amos Rex，其出眾的建築、當代的展覽和隔壁翻新後曲線玲瓏的公共廣場，設有酒吧和咖啡店，同時也是畫廊的屋頂。

作為設計迷，必定要參觀Carl Ludvig Engel設計的大教堂和Etu-Töölö的聖殿廣場教堂，又或是大家所認識的岩石教堂，全由花崗岩建成，再由一個巨型的銅線碟蓋頂，光線溜過粗獷的岩壁，穿過圍繞建築的80多道窗照亮了聖堂。



EXOTIC INDULGENCE

The Emerson Spice Boutique Hotel provides a village atmosphere peppered with Moroccan influences.

異國迷情

Emerson Spice Boutique Hotel為村落添上摩洛哥氣息。



EAT

In front of the golden domes of the 19th-century Uspenski Cathedral, Kanavaranta has blossomed into a dining hotspot where the terraces on the shoreline form a picturesque oasis by the sea. Try the bar Holiday for fun summer cocktails, Instagram-ready Shelter for its superb food and ambience, and Grön for its updated old-style cooking methods. Afterwards, head to the opposite Old Market Hall; this is the place to try Finnish delicacies such as reindeer, gorgeous rye bread and the local delicacy, salmon soup.

The Finns take their drinks seriously and there's no shortage of delectable concoctions to sample. Try a black Salmiakki, which tastes of strong, salty black liquorice, or a Terva Snapsi, a liqueur made with pine tar that has a wonderful smoky flavour. Want something more refreshing? The Lonkero is a pre-mixed drink that tastes like lemonade, only sweeter and alcoholic.

The rooftop bar and restaurant of the Stockmann department store's flagship have magnificent views over Helsinki, meanwhile Hotel Kämp's elegant Kämp Bar spreads out onto a pavement terrace and is the perfect spot to revive with a glass of fizz. And why not take a trip to the newly built eco-spa Löyly on the island of Hernesaari; with the striking architecture and breathtaking views of the archipelago, it's the ultimate end to a design lover's day.

飲食

19世紀烏斯彭斯基大教堂金色拱頂前的Kanavaranta，是城中的餐飲熱點。一個個露台在海岸線上形成了海邊風光如畫的綠洲。到Holiday酒吧一嚐夏日雞尾酒、Shelter出色的食物和氣氛最適合Instagram、Grön的改良傳統烹調方法同樣令人吃得津津有味。飯後，來到對面的老農貿市場，那裡是一試馴鹿、裸麥麵包和三文魚湯等芬蘭當地美食的好地方。

芬蘭人非常講究喝酒，當地絕對不乏選擇。嚐嚐咸甘草烈酒，味道濃烈，咸咸的甘草味，又或是以松焦製成的Terva Snapsi烈酒，煙薰味甚佳。想要一點更醒神的東西？Lonkero是調製好的飲品，味道像檸檬水，只是更甜和更烈。

Stockmann百貨公司旗艦店頂樓的酒吧和餐廳，可飽覽赫爾辛基的無敵景緻，而Hotel Kämp高貴的Kämp Bar延伸到人行道上的，是呷一杯氣泡酒回回神的好去處。何不到訪Hernesaari島上新建的環保桑拿浴Löyly，除了建築物攝人以外，還能遠眺群島的迷人風光，絕對是設計迷旅程終極的完美句點。

STAY

Hotel St George is housed in two adjoining 19th-century buildings in Kampii, where Ai Weiwei's hanging silk and bamboo sculpture Tianwu welcomes you upon entry and offers a glimpse into what discovery awaits, including abstract art, hardwood floors and soft olive hues. Here you'll find Finnish-Turkish chef Mehmet Gürs' restaurant Andrea, the cosy Wintergarden for a cocktail or two, and the busy St George Bakery and Bar.

Other gorgeous finds include the art-filled Klaus K Hotel inspired by the epic poem Kalevala, a 19th-century work by Elias Lönnrot and one of the most significant pieces of Finnish literature; the Glo Hotel Art, housed in a beautiful art nouveau castle decorated with design classics, and the eco-friendly Hotel Indigo, a fresh addition in the heart of Helsinki's Design District.

SHOP

Design brands Marimekko, Artek, and Iittala provide a window into the Finnish soul. The Marimekko fabric house is probably Finland's most famous export, known for its bold colours and patterns, especially its iconic poppy-print Unikko designs.

Artek, founded in 1935, is Finland's pre-eminent interior design house. The Artek 2nd Cycle store is the place to find rediscovered Aalto pieces that have gained a unique sense of character through everyday use – they're ready for a second cycle in their lives. The Iittala glass factory was established in 1881, with top designers Alvar Aalto and Kaj Franck working with the house over the years. There's a beautiful Iittala store adjacent to Amos Rex. //



住宿

位於Kampii的Hotel St George，由兩幢相連的19世紀建築組成，甫進門便會看到艾未未以絲綢和竹條製作的雕塑《天舞》，懸浮於半空中迎接賓客，也讓人窺見接續而來的發現，包括抽象藝術、實木地板和淡橄欖綠的色調。酒店設有芬蘭土耳其大廚Mehmet Gürs主理的餐廳Andrea，還有來一杯愜意雞尾酒的Wintergarden和熱鬧的St George麵包店和酒吧。

其他精彩之選包括充滿藝術氣息的Klaus K Hotel，酒店設計靈感來自Elias Lönnrot筆下19世紀的史詩式詩歌Kalevala，這首詩更是芬蘭文學中最舉足輕重的一件作品；建於新藝術風格城堡的Glo Hotel Art，綴以不同的設計經典，還有環保的Hotel Indigo，是赫爾辛基設計城區新加盟的一員。

購物

設計品牌Marimekko、Artek和Iittala，是觀看芬蘭人靈魂的一扇窗。生產布料起家的Marimekko，大概是芬蘭最有名的出口品牌，以大膽的配色和花紋見稱，尤其是其標誌性的罌粟印花Unikko設計。

1935年創辦的Artek，是卓越的芬蘭室內設計公司。The Artek 2nd Cycle store二手店，是重新發現Aalto作品的好地方，設計經過日常使用後，累積了一種獨特的韻味，而它們已準備好迎接其第二生命。Iittala玻璃廠於1881年成立，Alvar Aalto和Kaj Franck等一線設計師多年來也有跟品牌合作。Amos Rex旁就有家漂亮的Iittala店。//

GREAT FINDS

Independent boutiques and vibrant artisanal fashions add much character to the design scene of Zanzibar.

精彩見聞

獨立精品店和活潑的工藝創作，讓桑給巴爾的設計界更顯個性。